

Healthier Living

A Year Of Living Healthfully

(NAPSA)—Every day, you can find intriguing information, useful advice and timely reminders on managing your health from a **free** planner.

It was developed by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). As part of the National Institutes of Health (NIH), an agency of the U.S. Department of Health and Human Services (HHS), the NIAMS supports scientific and medical research that helps people live healthier lives. The facts and information in the planner are based on proven studies.

Called “A Year of Health,” the planner also includes exercise tips and other useful advice. You can use it to keep track of your own health or the health of a family member.

The planner is designed to hang on your wall, but it can also be placed on a desk, table or counter. Each month, it features questions and answers about important health topics. Here are a few samples:

Tips From The Planner

Skin—To keep skin healthy, exercise to increase blood flow to the surface of the skin. Also, eat a balanced diet, get enough sleep, and use sunscreen if you are outdoors for more than a few minutes, regardless of season, weather or your skin color.

Bones—To build healthier bones, you need calcium, which is found in dairy products, dark green leafy vegetables, tofu, calcium-fortified foods and beverages, and dietary supplements. You also need vitamin D, which



A free planner provides information and resources about staying healthy and managing conditions of the bones, joints, muscles and skin.

you can get from fortified milk, eggs, liver, fatty fish such as salmon, and dietary supplements.

Back—To prevent back pain, exercise often to keep your back muscles strong and maintain a healthy weight.

Ways To Use The Planner

- Write down the medicines and supplements you take each day so you know what you have taken.
- Write down any new health problems or pains you have.
- Use the “notes” section to write down things you want to remember, including questions for your health care provider.
- Bring the planner with you when you visit your doctor to help remember what you wrote down.
- Use the stickers at the end of the planner to remind yourself about appointments, blood tests and taking medicines.

The NIAMS and the NIH offer helpful information on a variety of topics, in addition to the ones in the planner. You can download or order them from www.niams.nih.gov/multicultural or call toll free (877) 226-4267. Like the planner, many are available in Spanish or English.